### Year 3 - Tennis – Lesson 3 - Backhand

**Learning objective:**
- Be able to apply the fundamentals of Backhand hitting to control a ball and to work co-operatively with a partner. (All)
- Be able to work co-operatively with a partner to play a simple game. (Most)
- Be able to hit a Backhand to your partner with accuracy. (Some)

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<th>Lesson Structure</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
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<td><strong>Introduction/ warm-up (Connection and Activation)</strong></td>
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<td><strong>Warm Up:</strong></td>
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| **Loco motor ready position game:** Pupils move around PE area (jogging, skipping, hopping), when teacher holds up a red cone pupils assume tennis ready position. Racket and ball skills: Balancing, rolling, bouncing (up & down) and using both sides of racket | 5-10 Minutes | Support:  
  - Change the movement each round of play. |
| **Main (Development/ Application)** |             |                                     |
| **Introduction:**  | With timings |                                     |
| **With a partner:** Floor tennis rallying. Pupils push the ball to each other (2 steps away from each other) using forehand technique (strongest side of the body) (KP's 1 & 2). | 10 Minutes | Support:  
  - **Easier** – Pupils can stop the ball before sending it back to their partner  
  - **Harder** – Pupils move further away from each other and try to make each other. |
| **Development:**   |             |                                     |
| **With a partner:** Target floor tennis: In pairs pupils work together to have a ‘floor tennis rally’, attempting to send the ball to their partner cone (KP 3). **Progress** - to goals/points. | 10 Minutes | Extend:  
  - **Easier** – Make the goals larger  
  - **Harder** – Make the goals smaller and allow pupils to move further away from each other |
| **Discuss – Backhand:** Swing arm across your body. **Forehand:** Arm extended away from your body | 10 Minutes | Support:  
  - **Easier** – Allow pupils to have 2 bounces |

[www.moving-matters.org](http://www.moving-matters.org)
### Application:

**With a partner:** 1 coach, 1 player. Coach feeds balls to player’s forehand, who attempts to hit back to the coach after 1 bounce. Change roles after 5 balls. Pupils count how many times they can successfully feed, hit and catch with their partner (KP4).

### Development:

Discuss what is a tennis rally?

Make your four cones into a net, how many times you hit the ball forwards and back to your partner?

### Cool Down:

**Apple Trees:** 1 player starts with 2 balls in each hand (arms stretched out) with a partner facing them (1 big step away). Player drops 1 ball and partner has to try to catch after 1 bounce. Change after 5 attempts.

<table>
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<th>10 Minutes</th>
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<td><strong>Support:</strong></td>
<td><strong>Extend:</strong></td>
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| - **Harder** – Pupils have to hit the ball straight back to the partner (no set up touch) | - **Easier** – Make the goals larger  
- **Harder** – Make the goals smaller and allow pupils to move further away from each other |
| - **Easier** – allow two bounces  
- **Harder** – over a tennis net/use backhand | - **Easier** – Allow pupils to have 2 bounces  
- **Harder** – Pupils have to hit the ball straight back to the partner (no set up touch) |

### Plenary

- Refresh learning objectives
- **Questions:** What things can you do to hit an effective backhand? What did we do well? What could we improve? Did you improve your rallying skills today?
Share with class and expand (teacher led)